



Simple Roasted Cod with Tomatoes

Prep Time 15 mins
Total Time 35 mins
Meal Type Lunch,Dinner
Contributed By **LivingPlateRx**
Source Living Plate Teaching Kitchen



Servings 4

Ingredients

lb,c g,ml

- 1 1/2 lb cod fillets, *thawed*
- 1 lemon, *juiced*
- 2 cloves garlic, *minced*
- 1 qt grape tomatoes, multicolored
- 4 Tbs olive oil
- 2 tsp herbes de provence thyme and oregano
- salt, *to taste*
- 1 lemons, *sliced*
- pepper, *to taste*

Directions

Prep

1. Defrost cod [if not using fresh].
2. Juice lemon and mince garlic.
3. Preheat oven to 350°F.

Make

1. Pat cod fillets dry with a paper towel and place on a sheet pan lined with parchment.
2. Toss tomatoes with 1 tablespoon of olive oil and garlic then scatter them around the fillets.
3. Drizzle fish with olive oil.
4. Sprinkle fish and tomatoes with herbs, salt and pepper.
5. Squeeze lemon over fish and place lemon slices on top.
6. Cook for about 20-30 minutes until the fish flakes easily and some of the tomatoes have burst open.
7. Garnish with parsley and season with more salt to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 295
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15.0g	23%	Total Carbohydrates 9g	2%
Saturated Fat 2.1g	10%	Dietary Fiber 2g	9%
Trans Fat 0.0g		Total Sugars 5g	
Cholesterol 73mg	24%	Protein 32g	
Sodium 100mg	4%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 2mcg 15% · Calcium 51mg 5% · Iron 1mg 7% · Potassium 1096mg 23%

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